

GYM SCHEDULE updated Jan 8, 2024

Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SIDE A	5:15am-6:00am Boot Camp	Closed For Gymnastics	Closed For Gymnastics	5am-8:45pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym
	6am-9am Open Gym				6am-9am Open Gym	9am-10am Refit
	9am-11am Pickleball				9am-11am Pickleball	10am-2:45pm Open Gym
	11am-4pm Open Gym				11am-7:45pm Open Gym	
	4pm-8:45pm Gymnastics				4pm-8:45pm Gymnastics	
SIDE B	5:15am-6:00am Boot Camp	5am-8:45pm Open Gym	5am-9am Open Gym	5am-8:45pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym
	6am-9am Open Gym		9am-11am Pickleball		6am-9am Open Gym	
	9am-11am Pickleball		11am-6pm Open Gym		9am-11am Pickleball	9am-10am Refit
	11am-6pm Open Gym		6pm-7pm Refit		11am-7:45pm Open Gym	10am-2:45pm Open Gym
	6pm-7pm Refit		7pm - 8:45pm Open Gym			
	7pm - 8:45pm Open Gym					

FITNESS SCHEDULE updated Jan 8, 2024

Schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am-6am Boot Camp - Gym	9am-9:45am Journey to Wellness- Fitness Center	9am-11am Pickleball - Gym	9am-9:45am Journey to Wellness- Fitness Center	5:15am-6am Boot Camp - Gym	9am-10am Refit - Gym
9am-11am Pickleball - Gym		9:00am-9:30am Chair Yoga - MPR		9am-11am Pickleball - Gym	
9:00am-9:30am Chair Yoga - MPR		9:30am-10:30am Senior Stability - MPR	7pm-8pm Yoga - MPR	9:15am-9:45am Unique Rhythms- MPR	
9:30am-10:30am Senior Stability -MPR		10:45am-11:15am Unique Rhythms- MPR			
10:45am-11:15am Unique Rhythms - MPR		6pm-7pm Refit - Gym			
6pm-7pm Refit - Gym					
7pm-8pm Yoga - MPR					

FACILITY HOURS:

MON-THURS 5AM-9PM
FRIDAY 5AM-8PM
SATURDAY 7AM-3PM
SUNDAY CLOSED

FOLLOW US:



Shelby Branch-YMCA of North Central Ohio



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